

PERSONNEL COMMITTEE REPORT

April 2012

New Hires

Kristi Smith joined the Engineering Department as Office Manager on April 11. Kristi and her family moved from Texas to Indiana 10 years ago. She will be an asset to the department having experience working with a local developer as an Executive Assistant for their construction team.

Lisa Sinha joined the Police Department as a School Crossing Guard on April 10. She is a Guard at the intersection of Cumberland Avenue and Barlow Street. Lisa is a local resident with children in the West Lafayette Community School Corporation and is a good fit for the position.

Health Promotion Committee

The Health Promotion Committee sponsored two events to promote healthier living during the month of April: biometric screenings and a walking program.

Employee biometric screenings were conducted which measured weight and height, waist circumference, blood pressure, glucose, cholesterol, and body mass index. The nearly 100 employees who participated in this free health screening event were then able to take an on-line Health Risk Assessment and receive a reward for their role in improving their overall health. The screening may also identify a risk factor that would qualify employees to participate in a coaching program.

The 5-week walking program, *Racing Your Way to Better Health!*, revved up with a fun walking event at the W.L. High School Athletic Complex on April 13. The goal for each employee is to increase walking in their daily routine and to consistently walk 10,000 steps per day by the end of the walking program (and 150 miles total to finish the race). Two weekly events – *Time Trial Tuesdays* and *Pit Stop Challenges* each Thursday - encourage employees to get in additional steps.

Pedometers were distributed to all 100 participants, and employees are required to log their steps every day and turn in weekly log sheets. Incentives and prizes will be awarded to employees who finish the race at a Victory Celebration on June 7.